WHAT IS CLAIMED IS:

- 1 1. A combination snowboard, binding and mount comprising:
- a. a snowboard having a center-line wherein said
- 3 snowboard has a channel longitudinally extending along
- 4 said center-line;
- b. a rail disposed in said channel and fixedly
- 6 coupled thereto wherein said rail is a flexible member
- and has a key-slot and two series of parallel notches;
- 8 c. a binding base plate disposed on said snowboard;
- 9 d. a disc being rotatably coupled to said binding base
- 10 plate; and
- 11 e. a locking mechanism securely coupling said rail to
- 12 said disc.